

## **San Buenaventura Urology**

*in association with Community Memorial Health System*

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Adult & Pediatric Urology

### **POST-OPERATIVE PROSTATE (TURP or LASER) INSTRUCTIONS**

1. No heavy lifting or strenuous activity. You may take short walks but do not climb more than one flight of stairs at a time.
2. Drink 5-6 glasses of water/juice each day unless otherwise directed.
3. Do not become alarmed if you see blood in the urine during the first 2-3 weeks after the surgery. If blood in the urine is present, increase your fluid intake and be sure to avoid any strenuous activity. If the bleeding persists, call our office.
4. Do not be concerned if you have some temporary urinary frequency, urgency or burning with urination. Those symptoms will usually disappear with time.
5. Do not strain when having a bowel movement. Straining can cause blood to appear in the urine. If you are constipated, take a laxative and/or stool softener. Do not use a Fleet enema or suppository.
6. Avoid sexual activity for 6 weeks following the prostate surgery. Remember that upon ejaculation most of the semen will go backwards into your bladder instead of coming out of your penis. You will still experience orgasm.
7. Return to work as instructed. You may drive again as instructed.
8. Resume your aspirin, Plavix, Coumadin or Pradaxa as directed by your physician.